

Dem Pelvic Floor Muscle

Healthy pelvic floor muscle dey help us do WETIN we love wit
PESIN we love wit no pain, pressure, or leaks!

Wetin d pelvic floor dey do?

Get help wit efiritin below & more! A pelvic floor
PT go help you live ya best life!

Bathroom



Dey Relaxed
Fo Toilet



Piss flow out



Dey Active
before &
after toilet



Piss stay
inside

Bedroom



Dey Relaxed
wit insertion



Pain free



Dey Active wit
good tension



Orgasms &
pleasure dey
healthy

Birthing Room



Dey Relaxed
during birth for
baby to comot



Tearing dey
reduced



Dey Active
before &
after birth



Dey dry &
supported

Extar Benefit!



Dey Relaxed
with chill time



Dey Pain-free



Dey active
with exercise
& movement



Dey dry &
supported

Pelvic Fisio



Relax at d
right time



Tone dey
healthy



Squeeze at
d right time



Dey Dry &
supported

Free
handouts &
videos



Book Pelvic Fisio Now
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